

Developing Resilience to Face Life's Stressors is defined as "The ability to withstand, adapt to or rebound from extreme challenges or adversity". In this workshop participants will learn:

- Why some people are more resilient than others.
- How to overcome barriers to resiliency learned during childhood.
- Why training to be a "good" person often prevents effective coping.
- How to bounce back from unexpected difficulties, and,
- How to gain strength from distressing experiences and convert misfortune into good luck.